



## Secondary Lesson Plan

### **COVID-19 and the 1918 Influenza: comparing the physical, social and mental health impacts of two pandemics**

This lesson plan is intended for a middle or high school Health or Social Studies classroom to gain a better understanding of the impact of the current COVID-19 pandemic and to draw comparisons to the global Influenza of 1918-19.

Lesson plan objectives include:

- Learn about the meaning of a pandemic and the origin of both the 1918 Spanish Influenza and COVID-19
- Understand how American society responded to both pandemics as they spread through the country
- Assess the impact both pandemics had/are having on society, and the physical and mental health of Americans

All of the content for this lesson (photos, graphs, links, etc.) is included in the accompanying power point, along with questions for students and answers/talking points for educators on each slide. The worksheet attached to this lesson plan can help the teacher guide the lesson. Teachers can choose to ask students to research the first six questions in advance or together in class. The CDC is a good source of information on these questions. The Johns Hopkins site is linked to the power point to answer questions 7-12. The final questions can be answered by analyzing the graphs on the power point slides or personal reflection. The final slide includes resources for extension projects for students if educators are interested in expanding on student knowledge on this topic.

## Worksheet

### COVID-19 and the 1918 Influenza: comparing the physical, social and mental health impacts of two pandemics

#### Slides 1-6

1. What is a pandemic?
2. How is it different from an epidemic?
3. Where did the Influenza of 1918-19 originate and why is it called the Spanish Flu?
4. Where did the COVID-19 virus originate?
5. How many people died worldwide as a result of the 1918-19 Influenza?
6. How many Americans died?

#### Questions from Johns Hopkins site

7. How many global cases of COVID-19 have there been to date?
8. How many cases have there been in the United States?
9. How do the US numbers compare to India, a much more populated country?
10. What conclusions can you draw by looking at the map in the center?
11. What are the global deaths to date? Deaths in the US? Deaths in New York State?
12. What is the trend of the daily global cases in recent months?

#### Slides 9-18

13. What age groups had the largest percentage of deaths for the 1918 Influenza and COVID-19?
14. What does this chart tell you about the relationship between age and the death rate of COVID-19 versus the seasonal flu?
15. Compare the materials sent out by the national government for both pandemics.
16. How might the way we treat an influenza pandemic differ in 2020 than a century ago?
17. What similarities or differences do you notice in how people interacted on the next three slides about social impact?
18. There is less information available about the mental health impact of both pandemics than about the physical health impact. Why do you think that is the case?
19. What impact do you think the Influenza of 1918-19 had on the mental health of children? How about the current COVID-19 pandemic?